

IDAHO FAMILY AND CONSUMER SCIENCES EDUCATION



**Idaho Division of
Professional-Technical
Education**

NUTRITION & FOODS

Activity & Resource Guide

Grades 10 -12

ISEE Code 222020

June, 2012

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INTRODUCTION

The Nutrition and Foods curriculum framework was developed by a team comprised of Idaho Professional-Technical Education staff, and University of Idaho and College of Southern Idaho personnel. The curriculum team developed the Nutrition and Foods framework from the National Standards for Family and Consumer Sciences Education, the previous Idaho State recommended texts, other states' curricula, and a review of literature pertaining to curriculum content. A committee of selected Idaho teachers participated in the review process.

The competency-based curriculum framework format provides the means for monitoring student progress and generating student profiles. The student profile is a cumulative record of student progress and provides documentation of competence for articulation purposes.

The Nutrition and Foods statewide curriculum framework is intended to be the fundamental guide to schools for program content. Schools offering Family and Consumer Sciences education should use an advisory committee to consider local and community needs.

ACKNOWLEDGEMENTS

The following people gave their time and professional expertise in the development of this curriculum framework. The Idaho Division of Professional-Technical Education appreciates the outstanding work of the committee members and their employers who supported their participation.

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The following people gave of their time, energy, and expertise in the development of this guide:

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NUTRITION AND FOODS

CONTENT STANDARDS OUTLINE

1.0 EVALUATE FACTORS AFFECTING INDIVIDUALS AND FAMILY FOOD CHOICES

Competencies:

- 1.01 Analyze factors affecting food and nutrition choices

2.0 ANALYZE NUTRITION, HEALTH, AND WELLNESS PRACTICES

Competencies:

- 2.01 Analyze the relationship between nutrition, physical activity, and health concerns
- 2.02 Evaluate personal diet and physical activities using *Choose My Plate*
- 2.03 Evaluate nutrient needs, sources, and functions for individuals and families
- 2.04 Explore careers related to food science, nutrition and fitness, education, and research

3.0 EMPLOY FOOD SAFETY AND SANITATION PROCEDURES

Competencies:

- 3.01 Demonstrate safety procedures and sanitation techniques
- 3.02 Explore careers in food safety and sanitation

4.0 DEMONSTRATE THE MANAGEMENT OF FOOD FOR INDIVIDUALS AND FAMILIES

Competencies:

- 4.01 Demonstrate meal planning abilities and techniques
- 4.02 Demonstrate skills to foster a positive mealtime environment
- 4.03 Explore food-purchasing techniques
- 4.04 Explore occupations in food management and marketing

5.0 EMPLOY FOOD LABORATORY MANAGEMENT TECHNIQUES

Competencies:

- 5.01 Demonstrate the appropriate use and care of equipment and workspace
- 5.02 Demonstrate knowledge of abbreviations, food measurement terminology, yield adjustments, and measuring techniques

6.0 DEMONSTRATE THE PREPARATION OF NUTRITIOUS FOOD FOR TODAY'S INDIVIDUALS AND FAMILIES

Competencies:

- 6.01 Explore and prepare nutritious meals using vegetables
- 6.02 Explore and prepare nutritious meals using fruits
- 6.03 Explore and prepare nutritious foods using grain products

- [6.04](#) Explore and prepare nutritious foods using protein products
- [6.05](#) Explore and prepare nutritious foods using dairy products
- [6.06](#) Explore careers in food preparation, food service, and nutrition professions

1.0 Evaluate Factors Affecting Individuals and Family Food Choices

1.01 Competency: **Lesson Plans**
Analyze factors [Why Do We Eat What We Do](#)

affecting food and Cultural Foods Project
nutrition choices

[\(1 of 4\)](#)

[\(2 of 4\)](#)

[\(3 of 4\)](#)

[\(4 of 4\)](#)

Activities

[Diet Mayhem](#)

[Cultural, Religion and Personal Beliefs on Food Choices](#) (project idea)

[My Food Journal](#)

[International Food Fair](#)

[Why We Eat](#)

[Literacy Tic-Tac-Toe](#)

[Tagxedo](#) (word cloud)

[Article Analysis](#)

PowerPoint Presentations

[Why Do We Eat What We Do](#)

[Food Choices](#)

[Individual Food Choices and Influences](#)

[External Influences](#)

Websites

American Indian Health:

<http://americanindianhealth.nlm.nih.gov/index.html>

Asian Diet Pyramid:

<http://oldwayspt.org/resources/heritage-pyramids/asian-diet-pyramid>

USDA Fresh Fruits and Vegetables Import Manual:

http://www.aphis.usda.gov/import_export/plants/manuals/ports/downloads/fv.pdf

Kosher Q & A:

<http://www.oukosher.org/index.php/basics/what>

Maintain a Healthy Weight On the Go (NIH):

http://www.nhlbi.nih.gov/health/public/heart/obesity/AIM_Pocket_Guide_to_gged.pdf

Islamic Food and Nutrition Council of America:
<http://www.ifanca.org/>

FCCLA Connections

[Illustrated Talk](#)

[Nutrition and Wellness](#)

[Interpersonal Communication](#)

[NP: Student Body](#)

Guest Speakers

Ethnic restaurant chef

Foreign exchange student

Native of another country

Other Materials & Resources

[Surprising Reasons to Food Choices](#) (article)

[How the Food Industry Drives What We Eat](#) (article)

[Utah Education Network](#) (curriculum resources)

[Utah FACS ListServ File Cabinet](#) (curriculum resources)

2.0 Analyze Nutrition, Health, and Wellness Practices

2.01 Competency: **Lesson Plans**

Analyze the relationships between nutrition, physical activity, and health concerns

- [Education and Prevention: Creating Public Service Campaigns About Type 2 Diabetes](#)
- [Sizing Up America](#)
- [Participant info](#)
- [Fat and Our Daily Diet](#)
- [Gobble, Gobble and Gobble Some More](#)
- [Food Ailment: You Be the Nutritionist](#)
- [Project Guidelines](#)
- [Rubric](#)

Activities

- [Aerobic Exercise](#)
- [Calories Burned](#)
- [Body Image Magazine Hunt](#) (follow up to [Dying to Be Thin](#))
- [Exercise Planning](#)
- [Nutrition in the News](#)
- [Nutrition is News](#)
- [Nutritious Meal Lab](#) (Ramen Stir Fry)
- [USDA Wordsearch](#)
- [How Sweet It Is to Be Sugar-Free](#)
- [Health Concerns Outline](#)
- [Literacy Tic-Tac-Toe](#)
- [Tagxedo](#) (word cloud)

PowerPoint Presentations

- [Nutrition Throughout the Lifecycle](#)
- [Health Concerns](#)
- [Portion Control](#)
- [Eating Disorders](#)
 - [Background for Teachers](#)
 - [Student Notes Guide](#)
- [Nutrition and Chronic Conditions](#)

Websites

American Diabetes Association:
www.diabetes.org

Nutrition Lapbooking:

<http://lapbooking.wordpress.com/category/nutrition/>

Fast Food – Calories Per Dollar:

<http://forum.xcitefun.net/fast-food-calories-per-dollar-infographic-t37936.html>

What is a Calorie:

<http://www.weightloss.org/the-cost-of-calories/>

Nutrition Label Posters:

<http://eatsmartmovemorenc.com/MotivationalPosters/MotivationalPosters.html>

FCCLA Connections

[Advocacy](#)

[Applied Technology](#)

[Illustrated Talk](#)

Guest Speakers

Physician

Registered Dietician

Physical Education Teacher

Other Materials & Resources

[Killing Us Softly](#) (media resource)

[Slim Hopes](#) (media resource)

[Super Size Me](#) (video questions)

[Wellness Handbook](#)

[Size It Right](#) (image)

[More Reasons to Eat Fruit](#) (poster)

[Just FACS](#)

[Utah Education Network](#) (curriculum resources)

[Utah FACS ListServ File Cabinet](#) (curriculum resources)

2.02 Competency:
Evaluate personal
diet and physical
activity using
Choose My Plate

Lesson Plans

[My Plate](#)

[PPT](#)

[Notetaker](#)

[Assignment](#)

[Sizing Up Servings](#)
[Thought for Food](#)
[Healthy Eating Patterns](#) (UEN online)
[MyPlate](#) (UEN online)

Activities

[Healthy Habits Assignment](#)
[Menu Scavenger Hunt](#)
[Make Your Calories Count](#) (online FDA interactive tool)
[Literacy Tic-Tac-Toe](#)
[Tagxedo](#) (word cloud)

PowerPoint Presentations

[Choose MyPlate](#)
[You Are What You Eat](#)
[What's On Your Plate?](#)
[My Plate](#)
[Prevent Portion Distortion](#) (online slideshow)

Websites

The Healthy Diabetes Plate (UI Extension):
<http://www.extension.uidaho.edu/diabetesplate/>

5 Ways MyPlate Can Help You Lose Weight:
<http://www.healthytimesblog.com/2011/07/5-ways-myplate-can-help-you-lose-weight/>

Right-Size Portion Posters:
<http://eatsmartmovemorenc.com/MotivationalPosters/MotivationalPosters.html>

American Dietetic Association:
www.eatright.org

FCCLA Connections

[Nutrition and Wellness](#)
[Advocacy](#)
[NP: Student Body](#)

Guest Speakers

Registered Dietician

Nutritionist

Department of Health representative

Other Materials & Resources

[You Are What You Eat](#) (handout)

[More Reasons to Eat Fruit](#) (poster)

[Just FACS](#)

[Utah Education Network](#) (curriculum resources)

[Utah FACS ListServ File Cabinet](#) (curriculum resources)

2.03 Competency:
Evaluate nutrient
needs, sources,
and functions for
individuals and
families

Lesson Plans

[Intro to Nutrients](#)

[Make Your Own Cereal](#)

[Bran Flakes Cereal Recipe](#)

[Mini Cereal Box Template](#) (PDF)

[Mini Cereal Box Template](#) (Word)

[When Something's Missing: Diagnosing Vitamin Deficiencies](#)

Food Labels

[Day 1](#)

[Day 2](#)

[Cereal Box Rubric](#)

[Nutrients and Portion Control](#)

Activities

[Nutrient Density](#)

[Nutrient/Calorie Calculator](#)

[Snack Wise](#)

[What's My Line?](#)

[Nutrient Flash Card Game](#) (1)

[Nutrient Flash Cards](#) (2)

[Hamburger Lapbook Template](#)

[Nutrients Lapbook Template](#)

[Literacy Tic-Tac-Toe](#)

[Tagxedo](#) (word cloud)

PowerPoint Presentations

[Nutrients](#) (1)

[Nutrients](#) (2)

[Nutrients Jeopardy](#)
[What is a Nutrient?](#)

Websites

Nutrients for Life Foundation “Humanity Against Hunger” online game:
<http://www.nutrientsforlife.org/teachers/games/>

Center for Disease Control and Prevention:
www.cdc.gov

[Nutrients Lapbooking](#)

FCCLA Connections

[NP: Families First](#)
[Applied Technology](#)
[Illustrated Talk](#)

Guest Speakers

Registered Dietician
Nutritionist
Physician
Personal Trainer

Other Materials & Resources

[Nutrients in Grains](#)
[Supplements for Muscle Gain](#)
[Just FACS](#)
[Utah Education Network](#) (curriculum resources)
[Utah FACS ListServ File Cabinet](#) (curriculum resources)

2.04 Competency:

Explore careers
related to food
science, nutrition
and fitness,
education, and
research

Lesson Plans

[Looking Deeper](#)
[The Ups and Downs of Occupations](#)
[Sing It to Me](#)

Activities

[Careers Booklet](#)

[Looking Inward](#)
[My Career Interests](#)
[Occupation Sort](#)
[Occupation & Preparation Research](#)
[Literacy Tic-Tac-Toe](#)
[Tagxedo](#) (word cloud)

Online Videos

Food Scientists and Technologists Job Descriptions (YouTube):
<http://www.youtube.com/watch?v=R5LSMVS6HXg>

Dietician Occupational Video (YouTube):
<http://www.youtube.com/watch?v=OZYvFT4TscM&feature=related>

Websites

Culinary Arts and Food Science Career Guide:
<http://www.khake.com/page30.html>

FCCLA Connections

[Nutrition and Wellness](#)
[Career Connection](#)

Guest Speakers

Dietician
Nutritionist
Fitness Trainer
County Extension Agent
Nutrition Professor

Other Materials & Resources

[Utah Education Network](#) (curriculum resources)
[Utah FACS ListServ File Cabinet](#) (curriculum resources)

3.0 Employ Food Safety and Sanitation Procedures

3.01

Competency:
Demonstrate
safety procedures
and sanitation
techniques

Lesson Plans

[Foodborne Illnesses](#)

[Dish Washing and Sanitizers](#)

[Healthy Schools! Healthy Kids!: Food Safety](#)

[Food-borne Illnesses](#)

Activities

[Preventing the Spread: Handwashing](#)

[Foodborne Viruses: Know the Facts](#)

[Lab Rules Activity](#)

[Hamburger Experiment](#)

[Food Safety Jeopardy](#)

[Food Analogies](#) (bell ringer)

[Literacy Tic-Tac-Toe](#)

[Tagxedo](#) (word cloud)

PowerPoint Presentations

[Food Safety and Sanitation](#)

[Kitchen Basics](#)

[The Pathway to Kitchen Safety](#)

[Foodborne Illnesses](#)

[Food Sanitation](#)

[Food Safety vs. Food Sanitation](#)

Websites

[Still Tasty: Your Ultimate Shelf Life Guide](#)

Your Guide to Food Safety:

<http://greatist.com/health/food-safety-infographic/>

FCCLA Connections

[Illustrated Talk](#)

[Interpersonal Communications](#)

Guest Speakers

Quality Food Control Associate

Food Inspector

Health Department representative

Other Materials & Resources

[Foodborne Illnesses Poster](#) (8.5 x 11)

[Food Safety Quiz](#)

[Just FACS](#)

[Utah Education Network](#) (curriculum resources)

[Utah FACS ListServ File Cabinet](#) (curriculum resources)

3.02

Competency:

Explore careers in
food safety and
sanitation

Lesson Plans

[Looking Deeper](#)

Activities

[I Want the Pot of Gold](#) (online webquest)

[Careers Booklet](#)

[Looking Inward](#)

[My Career Interests](#)

[Occupation Sort](#)

[Occupation & Preparation Research](#)

[Literacy Tic-Tac-Toe](#)

[Tagxedo](#) (word cloud)

Online Videos

Food Product Development (Target):

<http://sites.target.com/site/en/company/page.jsp?contentId=WCMP04-031319>

Quality Control Associate (YouTube):

<http://www.youtube.com/watch?v=xU3J4HqkmsM>

Take Control of Food Quality “Chick-Fil-A” (YouTube):

<http://www.youtube.com/watch?v=CIY1vADQvuU&feature=related>

Websites

Food and Drug Administration: www.fda.gov

Occupational Safety and Health Administration (OSHA): www.osha.gov

U.S. Food Safety and Inspection Service: www.fsis.usda.gov

Partnership for Food Safety: www.fightback.org

Center for Disease Control and Prevention: www.cdc.gov

FCCLA Connections

[Food Innovations](#)

[Advocacy](#)

[Applied Technology](#)

Guest Speakers

Quality Food Control Associate

Food Inspector

Health Department representative

Other Materials & Resources

[Utah Education Network](#) (curriculum resources)

[Utah FACS ListServ File Cabinet](#) (curriculum resources)

4.0 Demonstrate the Management of Food for Individuals and Families

4.01 Competency: Lesson Plans

Demonstrate
meal planning
abilities and
techniques

[On the Menu](#)

[Cook, Eat.....Love? Learning to Prepare Nutritious Meals](#)

Activities

[Meal Planning and Menus](#) (webquest)

[Meal Planning on a Budget](#)

[Meal Planning Project](#)

[Meal Planning and Preparation Project](#)

[Choice Meal Assignment](#)

[Rubric](#)

[Shopping List](#)

[Planning a Dinner Party](#)

[Literacy Tic-Tac-Toe](#)

[Tagxedo](#) (word cloud)

PowerPoint Presentations

[Meal Planning](#)

[Meal Planning for the Family](#)

[Meal Preparation Strategies](#)

Websites

Food On the Table: <http://www.foodonthetable.com/>

Daily Meal Planner:

<http://www.mealsmatter.org/M mealPlanning/M mealPlanner/>

FCCLA Connections

[Applied Technology](#)

[NP: Student Body](#)

[Nutrition and Wellness](#)

Guest Speakers

Life Coach

Dietician

Nutritionist

Other Materials & Resources

[Weekly Meal Planner](#) (Microsoft templates)

[Just FACS](#)

[Utah Education Network](#) (curriculum resources)

[Utah FACS ListServ File Cabinet](#) (curriculum resources)

4.02 Competency:
Demonstrate
skills to foster a
positive mealtime
environment

Lesson Plans

[Table Setting](#)

[Family Mealtime](#)

[Happy Mealtime for Young Children](#)

Activities

[Table Setting Project](#)

[PowerPoint with Examples of Project](#)

[Literacy Tic-Tac-Toe](#)

[Tagxedo](#) (word cloud)

PowerPoint Presentations

[Table Setting and Manners](#)

[Table Setting](#)

[Manners and Etiquette](#)

Online Videos

Good Table Manners-1951 (YouTube):

<http://www.youtube.com/watch?v=wA5y3wEJ7pA>

“King of Queens” Bad Table Manners (YouTube):

<http://www.youtube.com/watch?v=unXKYK0uRJ8>

Websites

Meals Matter: <http://www.mealsmatter.org/>

Manners International:

http://www.mannersinternational.com/etiquette_tips_table.asp

FCCLA Connections

[NP: Power of One – Family Ties](#)

[Families First](#)

[Applied Technology](#)

Guest Speakers

Life Coach

County Extension Agent

Other Materials & Resources

[Table Setting Student Evaluation Rubric](#)

[Table Setting Teacher Evaluation Rubric](#)

[Just FACS](#)

[Utah Education Network](#) (curriculum resources)

[Utah FACS ListServ File Cabinet](#) (curriculum resources)

4.03 Competency:

Explore food-
purchasing
techniques

Lesson Plans

[Consumerism – Grocery Shopping](#) (UEN online)

[Using Coupons](#) (online lesson plan with materials)

[Grocery Shopping Within A Budget](#)

[Food Plan Scenario Cards](#)

[Store Brand vs. Name Brand](#)

Activities

[Supermarket Trivia](#)

[Shopping for Fruits and Vegetables](#)

[Tasty Cheese](#) (Product Comparison)

[Literacy Tic-Tac-Toe](#)

[Tagxedo](#) (word cloud)

PowerPoint Presentations

[Supermarket Savings](#) (online slideshow)

[Shopping on a Budget](#)

Websites

Money Instructor: <http://www.moneyinstructor.com/budgeting.asp>

Fooducate: (compare food products) <http://www.fooducate.com/>

Healthy Shopping List:

<http://www.mealsmatter.org/M mealPlanning/Shopping/>

FCCLA Connections

[NP: Financial Fitness](#)

[NP: Power of One](#)

[Applied Technology](#)

Guest Speakers

County Extension Agent

Local Extreme Couponer

Other Materials & Resources

[Just FACS](#)

[Utah Education Network](#) (curriculum resources)

[Utah FACS ListServ File Cabinet](#) (curriculum resources)

[Family Economics & Financial Education](#) (curriculum resources)

4.04 Competency:
Explore
occupations in
food
management and
marketing

Lesson Plans

[Looking Deeper](#)

[Career Research](#)

[PowerPoint](#)

[Student Workbook Pages](#)

[Teacher's Key](#)

Activities

[Careers Booklet](#)

[Looking Inward](#)

[My Career Interests](#)

[Occupation Sort](#)

[Occupation & Preparation Research](#)

[Literacy Tic-Tac-Toe](#)

[Tagxedo](#) (word cloud)

Online Videos

Food Service Management Career Overview:

<http://www.youtube.com/watch?v=nGUFXweEBrw>

Restaurant Manager Occupational Video:

<http://www.youtube.com/watch?v=qDBHKRisZFg>

Marketing, Sales, and Service Careers:

<http://www.youtube.com/watch?v=FX7NH9fKxsl>

Measuring Consumers' Food Choices:

<http://www.youtube.com/watch?v=VmziRJkXN1g>

Websites

Food Services Crossing: <http://www.foodservicescrossing.com/#>

FCCLA Connections

[NP: Career Connection](#)

[Career Investigation](#)

[NP: Power of One – Working on Working](#)

Guest Speakers

Product Sales Manager

Restaurant/Bistro/Coffeehouse Manager

Product Marketing Associate

Other Materials & Resources

[Restaurant Field Trip Form](#)

[Make-Up Assignment](#)

[Utah Education Network](#) (curriculum resources)

[Utah FACS ListServ File Cabinet](#) (curriculum resources)

5.0 Employ Food Laboratory Management Techniques

5.01 Competency:
Demonstrate the
appropriate use
and care of
equipment and
workspace

Lesson Plans

[Kitchen Equipment and Lab Procedures](#) (UEN online)

[Equipment](#)

[Kitchen Basics](#)

[Recipe Code](#)

[Key](#)

[Relay Questions](#)

Activities

[Appliance Group Reports](#)

[Knives and Their Uses](#) (Flapbook)

[Equipment Bingo](#)

[Utensils Fanbook](#)

[Equipment Jeopardy](#)

[Cleaning Tasks](#)

[Literacy Tic-Tac-Toe](#)

[Tagxedo](#) (word cloud)

PowerPoint Presentations

[Equipment and Terms](#)

[Kitchen Basics](#)

[Kitchen Equipment: Use & Care](#)

Online Videos

A Guide to Improving Your Knife Skills (YouTube):

<http://www.youtube.com/watch?v=m1NR0uNNs5Y>

A Chef's Kitchen "Knife Skills" (YouTube):

<http://www.youtube.com/watch?v=7sSSfoor6RY>

Websites

Knives of the Kitchen:

<http://visual.ly/kitchen-knives>

Knife Skills 101:

<http://culinaryarts.about.com/od/knifeskills/tp/knifeskills.htm>

Guest Speakers

Restaurant Chef

Country Extension Agent

Other Materials & Resources

[Uses & Purposes of Various Knives](#)

[Just FACS](#)

[Utah Education Network](#) (curriculum resources)

[Utah FACS ListServ File Cabinet](#) (curriculum resources)

5.02 Competency:

Demonstrate

knowledge of

abbreviations,

food

measurement

terminology, yield

adjustments, and

measuring

techniques

Lesson Plans

[Measuring and Leavening Agents](#)

[Scientific Lab: Cupcakes](#)

[Abbreviations, Substitutions, Equivalents, and Cooking Terms](#) (UEN online)

Activities

[Cooking Terms](#)

[Measuring Race](#)

[Measuring Match-Up](#) (wkst)

[Key](#)

[Measurement, Equivalents, & Adjustments](#) (wkst)

[Key](#)

[Recipe Codes](#)

[Key](#)

[Cooking Terms](#) (wkst)

[Crunchy Munchy Goop](#)

[Literacy Tic-Tac-Toe](#)

[Tagxedo](#) (word cloud)

PowerPoint Presentations

[Reading and Using Recipes](#)

[Cooking Terms \(1\)](#)

[Cooking Terms \(2\)](#)

[Cooking Terms \(3\)](#)

[Cooking Methods](#)

Websites

USDA Nutrient Data Laboratory:

http://www.nal.usda.gov/fnic/foodcomp/Bulletins/measurement_equivalents.html

Betty Crocker:

<http://www.bettycrocker.com/tips/tipslibrary/charts-timetables-measuring/equivalent-measures-abbreviations>

Guest Speakers

Pastry Chef/Baker

Restaurant Chef

County Extension Agent

Other Materials & Resources

[Basics at a Glance](#) (PDF Handout)

[How to Measure Correctly](#)

[Just FACS](#)

[Utah Education Network](#) (curriculum resources)

[Utah FACS ListServ File Cabinet](#) (curriculum resources)

6.0 Demonstrate the Preparation of Nutritious Food for Today's Individuals and Families

6.01 Competency: Lesson Plans

Explore and prepare nutritious meals using vegetables

- [Introduction to Vegetables](#)
- [Types of Vegetables](#) (wkst)
- [Vegetables Worksheet](#)
- [Vegetable Classification & Cooking](#)
- [Vegetable Taste Test](#)
- [Vegetable Quiz](#)
- [Vegetables](#) (UEN online)
- [Vegetables: Lecture and Experiment](#) (UEN online)
- [Vegetable Lab](#) (UEN online)

Activities

- [Preparing Vegetables](#)
- [Experimental Vegetable Lab](#)
- [Fruit and Vegetable Study Guide](#)
- [Teacher's Key](#)
- [Soup and Salad Study Guide](#)
- [Teacher's Key](#)
- [Soup and Salad Meal Plan](#)
- [Evaluation Rubric](#)
- [Literacy Tic-Tac-Toe](#)
- [Tagxedo](#) (word cloud)

PowerPoint Presentations

- [Vegetables](#)
- [Name that Vegetable: Test Your Vegetable IQ](#) (online powerpoint)
- [Fruit and Vegetables: Selection and Preparation](#)

Laboratory Experiences

- [Spaghetti Sauce](#)
- [Sweet and Sour Chicken Stir Fry](#)
- [Thai Lettuce Wraps](#)
- [Salads](#)
- [Breakfast Cook-Off](#)
- [Rules](#)
- [Self-Evaluation](#)
- [Judges' Rubric](#)
- [Teacher's Rubric](#)

Websites

The Science of Cooking:

<http://www.exploratorium.edu/cooking/pickles/index.html>

Other Materials & Resources

[Idaho Fruit and Vegetable Calendar](#) (poster/handout)

[Food Demonstration Rubric](#)

[Fruit and Vegetable Information](#)

[Salads and Salad Dressings](#)

[Utah Education Network](#) (curriculum resources)

[Utah FACS ListServ File Cabinet](#) (curriculum resources)

6.02 Competency:
Explore and
prepare nutritious
meals using fruits

Lesson Plans

[Fruit](#) (UEN online)

[Fruit Lecture and Lab](#) (UEN online)

[Fruit Dessert](#) (UEN online)

Activities

[Fruit Browning Experiment](#)

[Fruit and Vegetable Study Guide](#)

[Teacher's Key](#)

[Literacy Tic-Tac-Toe](#)

[Tagxedo](#) (word cloud)

PowerPoint Presentations

[Fruits – Six Categories](#)

[Fruit and Vegetables: Selection and Preparation](#)

Laboratory Experiences

[Cranberry Relish & Sauce](#)

[Orange-A-Peel Smoothie](#)

[Apple Streusel and Plum Custard](#)

[Breakfast Cook-Off](#)

[Rules](#)

[Self-Evaluation](#)

[Judges' Rubric](#)

[Teacher's Rubric](#)

Websites

The Science of Cooking:

<http://www.exploratorium.edu/cooking/index.html>

Other Materials & Resources

[Fun Fall Field Trip: Apple Picking](#)

[Idaho Fruit and Vegetable Calendar](#) (poster/handout)

[Food Demonstration Rubric](#)

[Fruit and Vegetable Information](#)

[Utah Education Network](#) (curriculum resources)

[Utah FACS ListServ File Cabinet](#) (curriculum resources)

6.03 Competency:
Explore and
prepare nutritious
foods using grain
products

Lesson Plans

[Grains](#)

[Grains, Pasta, Rice PowerPoint](#)

[PowerPoint Fill-In Notes](#)

[Taste Testing Chart](#)

[Grains Cooking Lab](#)

[Lab Recipes](#)

[Lab Worksheet](#)

[International Rice Lab](#)

[Rice Lab Questions](#)

[Cereal Grains](#) (UEN online)

[Grains and Rice Lab](#) (UEN online)

Activities

[Leavening Experiment](#)

[Quick Bread Taste Grid](#)

[Yeast Bread Study Guide](#)

[Teacher's Key](#)

[Yeast Bread Puzzle](#)

[Teacher's Key](#)

[Literacy Tic-Tac-Toe](#)

[Tagxedo](#) (word cloud)

PowerPoint Presentations

[Baking Ingredients](#)

[Grains are Good for You](#)

Laboratory Experiences

[Homemade Bread](#)
[Geri's French Toast](#)
[Granola](#)
[Homemade Egg Pasta](#)
[Homemade Pasta](#)
[Turnovers](#)
[Breakfast Cook-Off](#)
[Rules](#)
[Self-Evaluation](#)
[Judges' Rubric](#)
[Teacher's Rubric](#)

Websites

The Science of Cooking - Bread:
<http://www.exploratorium.edu/cooking/bread/index.html>

Other Materials & Resources

[Grains Quiz \(Version A\)](#)
[Grains Quiz \(Version B\)](#)
[Grains Quiz \(Modified\)](#)
[Food Demonstration Rubric](#)
[Pasta Demonstration](#)
[Rice](#) (teacher information)
[Utah Education Network](#) (curriculum resources)
[Utah FACS ListServ File Cabinet](#) (curriculum resources)

6.04 Competency:

Explore and
prepare nutritious
foods using
protein products

Lesson Plans

[Introduction to Eggs](#) (UEN online)
[Eggs: Experimental Lab](#) (UEN online)
[Creepy Crawly Yummy Bugs](#)
[Entomophagy Worksheet](#)
[Entomophagy Key](#)
[Cricket Biology Guide](#) (online-additional resource)
[Chocolate Cricket Cookies](#)
[Grasshopper Kabobs Recipe](#) (online link)
[Meat Types and Cuts](#) (online lesson plan)
[PowerPoint](#)
[NoteSheet](#)
[Answer Key](#)
[Meat for My Meal](#) (worksheet)

[Meat Today](#)
[How Would You Cook It?](#)

Activities

[Chicken Advertisement](#)
[Pan Broiling Experiment](#)
[Literacy Tic-Tac-Toe](#)
[Tagxedo](#) (word cloud)

PowerPoint Presentations

[Eggs \(1\)](#)
[Eggs \(2\)](#)
[Meat & Poultry](#) (online slideshow)
[Meat Storage and Preparation](#)
[Note-taking guide](#)
[Answer Sheet](#)

Laboratory Experiences

[Cheese Omelet](#)
[Fajitas](#)
[Scrambled Eggs](#)
[Ziploc Omelet](#)
[Vegetarian Lab:](#)
[Tofu Berry Shake & Corn and Bean Enchiladas](#)
[Tofu Parmigiana & Cherry Cheesecake](#)
[Breakfast Burritos](#)
[Breakfast Cook-Off](#)
[Rules](#)
[Self-Evaluation](#)
[Judges' Rubric](#)
[Teacher's Rubric](#)

Websites

Meat and Education:
<http://meatandeducation.redmeatinfo.com/all-about-meat/modules1-6/meat-storage-and-preparation>

The Science of Cooking - Eggs:
<http://www.exploratorium.edu/cooking/eggs/index.html>

The Science of Cooking – Meat:

<http://www.exploratorium.edu/cooking/meat/index.html>

Other Materials & Resources

[Food Demonstration Rubric](#)

[Caring for Eggs](#)

[Pan Broiling Experiment Information](#)

[Poultry](#)

[Seafood](#)

[Vegetarian](#)

[Utah Education Network](#) (curriculum resources)

[Utah FACS ListServ File Cabinet](#) (curriculum resources)

6.05 Competency:
Explore and
prepare nutritious
foods using dairy
products

Lesson Plans

[Milk and Dairy \(1\)](#) (UEN online)

[Milk and Dairy \(2\)](#) (UEN online)

[Milk and Dairy \(3\)](#) (UEN online)

Activities

[Cheese Melting Experiment](#)

[Teacher's Key](#)

[Cheese Tasting](#)

[Tasty Cheese](#) (product comparison)

[Literacy Tic-Tac-Toe](#)

[Tagxedo](#) (word cloud)

PowerPoint Presentations

[Dairy](#)

[Dairy Products](#)

Laboratory Experiences

[Homemade Ice Cream](#)

[Breakfast Cook-Off](#)

[Rules](#)

[Self-Evaluation](#)

[Judges' Rubric](#)

[Teacher's Rubric](#)

Websites

United Dairywomen of Idaho: <http://www.udidaho.org/>

The Science of Cooking: <http://www.exploratorium.edu/cooking/index.html>

Milk Matters: <http://www.nichd.nih.gov/milk/teachers/index.cfm>

Other Materials & Resources

[Food Demonstration Rubric](#)

[Cooking with Milk](#) (demonstration)

[Utah Education Network](#) (curriculum resources)

[Utah FACS ListServ File Cabinet](#) (curriculum resources)

6.06 Competency:
Explore careers in
food preparation,
food service, and
nutrition
professions

Lesson Plans

[Looking Deeper](#)

[Jobs in Food Service](#)

Activities

[Food Service Careers](#)

[Careers Booklet](#)

[Looking Inward](#)

[My Career Interests](#)

[Occupation Sort](#)

[Occupation & Preparation Research](#)

[Literacy Tic-Tac-Toe](#)

[Tagxedo](#) (word cloud)

Online Videos

Food and Beverage Server:

<http://www.youtube.com/watch?v=fMAoxPEBFQI&feature=related>

Hospitality and Tourism:

<http://www.youtube.com/watch?v=mEVVetILBxs&feature=relmfu>

Websites

The Science of Cooking: <http://www.exploratorium.edu/cooking/index.html>

FCCLA Connections

[NP: Career Connection](#)

[Career Investigation](#)

[NP: Power of One – Work on Working](#)

Guest Speakers

Food Service Employee

Professional Chef

Culinary Arts student

Other Materials & Resources

[Utah Education Network](#) (curriculum resources)

[Utah FACS ListServ File Cabinet](#) (curriculum resources)